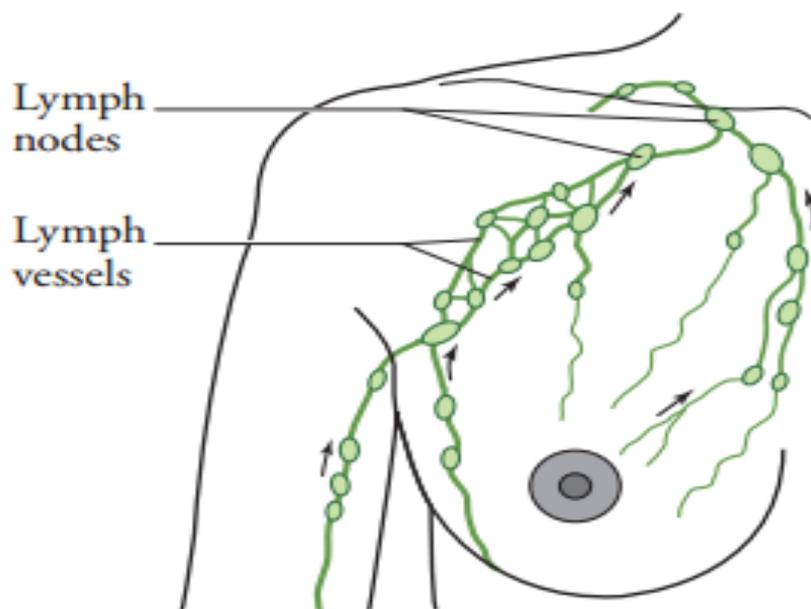


PATIENT INFORMATION

**SIMPLE LYMPHATIC  
DRAINAGE (SLD)**



The aim of massage is to encourage fluid to move from the swollen areas of the body to the areas where it can drain. The direction is towards your **unaffected** area, the opposite side of your body. From here the fluid can drain more easily back into the circulatory system.



Normal lymph drainage

### **Important**

- Make sure you are in a comfortable resting position, sitting upright in a chair or lying down.
- If possible, wear your compression sleeve whilst you do the massage to improve the effect.
- All SLD massage starts and finishes with a deep breathing exercise to stimulate the deep lymphatic drainage and help you relax.
- Massage is slow and rhythmical.
- Use enough pressure to cause the skin under your hand to move slightly.
- If the skin goes red you are pressing too hard.
- Do not be tempted to skip any of the steps or change the order.
- SLD should take about 20 minutes and be performed once daily on bare skin.

## **Step 1 - Deep abdominal breathing.**

- Rest your fingers just below your rib cage.
- Breathe in slowly and deeply allowing your fingers to rise as your abdomen swells.
- Hold for a count of 2 and breathe out slowly through your mouth.
- You can use your hands to gain extra pressure to breathe in again by gently pushing in with your fingers as you breathe in.
- **Repeat 5 times.**



## **Step 2 - Massaging to neck.**

### **Position 1**

- Rest your hands on each side of your neck with your little finger just touching your earlobe.
- Gently stretch the skin backwards then downwards, then release so the skin moves back.
- **Repeat 5 times**



### **Position 2**

- Move your hands one finger width lower down your neck. Repeat the movement: - backwards, downwards, release.
- **Repeat 5 times.**

### **Position 3**

- Let your hands rest on your shoulders, then move them inwards until they rest in the hollows above your collar bone.
- Gently move the skin in a scooping movement towards the collar bone, like a letter 'C' shape. You may find this easier if you cross your arms. If you find this difficult, do one side at a time.
- **Repeat 5 times.**



**Now repeat all 3 positions in step 2 three more times.**

### **Step 3 – Massaging the armpit.**

- Place your hand in the armpit on the **unaffected side**.
- Gently massage the underarm, directing the movement towards your back, then up into your armpit.
- You may find it useful to place your unaffected arm behind your head.
- **Repeat 15 times (pausing after each set of 5).**



### **Step 4 – Massaging the chest wall.**

- Place the flat of your hand on the chest near the unaffected armpit you have just cleared.
- Gently stretch the skin towards the armpit.
- **Repeat 5 times.**



- Move your hand across the Sternum (breastbone).
- Continue stretching the skin towards the unaffected armpit.
- **Repeat 5 times.**



- Swap to use the opposite hand and repeat the same technique across the chest.
- Always move the skin towards the unaffected side.
- **Repeat 5 times.**



**Now repeat this sequence lower down on the chest wall. Repeat both rows 3 times.**

## **Step 5 – Deep abdominal breathing.**

- Rest your fingers just below your rib cage.
- Breathe in slowly and deeply allowing your fingers to rise as your abdomen swells.
- Hold for a count of 2 and breathe out slowly through your mouth.
- You can use your hands to gain extra pressure to breathe in again by gently pushing in with your fingers as you breathe in.
- **Repeat 5 times.**



## **Relax for a couple of minutes before getting up.**

If you need advice from the breast nursing team you can contact us:

Monday to Friday 9am – 5pm (excluding Bank Holidays). We do not work weekends.

Out of hours – please contact 111 or 999 in an emergency.

**Worcestershire Breast Unit – 01905 760261 (ext. 36711)**

Rachel King

Emma Chater

Liz Jarman

Amanda Salt

Fiona Brooke-Bills (Support worker – non clinical)

**Alexandra Hospital – 01527 503030 (ext. 44625)**

Julie Weston

Joanne Buckell

**If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.**

### **Patient Experience**

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

### **Feedback**

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

### **Patient Advice and Liaison Service (PALS)**

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

### **How to contact PALS:**

**Telephone Patient Services: 0300 123 1732 or via email at: [wah-tr.PALS@nhs.net](mailto:wah-tr.PALS@nhs.net)**

### **Opening times:**

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.